

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group
Week of 9/9-15/19 Age Group B and C Groups begin	at YMCA 4:30-6pm AGB 6-7:45pm AGC		at YMCA 5-6:30pm AGC		at YMCA 4:30-6pm AGB 6-7:45pm AGC		at YMCA 5-6:30pm AGC		at YMCA 4-6:15p Senior 4-6:15pm Pre-S 6:15-7:45pm AGB		No Practices today		at YMCA 11-1:30pm Senior 11-1:30pm Pre-Sr	
	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-Senior		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-Senior		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-Senior		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-Senior		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-Senior					
	9		10		11		12		13		14		15	
Week of 9/16-22	at YMCA 4:30-6pm AGB 6-7:45pm AGC		at YMCA 5-6:30pm AGC		at YMCA 4:30-6pm AGB 6-7:45pm AGC		at YMCA 5-6:30pm AGC		at YMCA 4-6:15p Senior 4-6:15pm Pre-S 6:15-7:15pm TYM		No Sr or Pre-S Practices today		at YMCA 11-1:30pm Senior 11-1:30pm Pre-Sr	
	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-Senior		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-Senior		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-Senior		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-Senior		First Night Take Your Mark 7:15-8:45pm AGB				Roundtop Mountain Ropes Course Day for AGB, AGC, Pre-S, and Sr Groups	
	16		17		18		19		20		21		22	
Week of 9/23-29 Age Group A Groups begin	at YMCA 4:30-6pm AGB 6-7:45pm AGC		at YMCA 5-6:30pm AGC 6:30-7:45pm AGA		at YMCA 4:30-6pm AGB 6-7:45pm AGC		at YMCA 5-6:30pm AGC 6:30-7:45pm AGA		at YMCA 4-6:15p Senior 4-6:15pm Pre-S 6:15-7:15pm TYM 7:15-8:45pm AGB		at YMCA 6:30-8:45am Senior 6:30-8:45am Pre-Sr		YMCA September Sizzler Meet at Messiah College (AGB, AGC, Pre- S and Sr)	
	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-Senior		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-Senior		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-Senior		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-Senior				Video Day			
	23		24		25		26		27		28		29	
Week of 9/30-10/6	at YMCA 4:30-6pm AGB 6-7:45pm AGC		at YMCA 5-6:30pm AGC 6:30-7:45pm AGA		at YMCA 4:30-6pm AGB 6-7:45pm AGC		at YMCA 5-6:30pm AGC 6:30-7:45pm AGA		at YMCA 4-6:15p Pre-Senior 4-6:15pm Senior 6:15-7:15pm TYM 7:15-8:45pm AGB		WSY October Invite (2 days) at CV High School		at YMCA 2-3:15pm AGB 3:15-4:30pm AGA 4:30-5:30pm TYM	
	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S					
	30		1		2		3		4		4		6	
Week of 10/7-13/19	at YMCA 4:30-6pm AGB 6-7:45pm AGC		at YMCA 5-6:30pm AGC 6:30-7:45pm AGA		at YMCA 4:30-6pm AGB 6-7:45pm AGC		at YMCA 5-6:30pm AGC 6:30-7:45pm AGA		at YMCA 4-6:15p Pre-Senior 4-6:15pm Senior 6:15-7:15pm TYM 7:15-8:45pm AGB		at YMCA 6:30-8:45am Senior 6:30-8:45am Pre-S		at YMCA 12:15-2pm AGC 12:15-2pm AGB 3:15-4:30pm AGA 4:30-5:30pm TYM	
	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S		at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S					
	7		8		9		10		11		12		13	

Week of 10/14-20	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4-6:15p Pre-Senior 4-6:15pm Senior 6:15-7:15pm TYM 7:15-8:45pm AGB	at YMCA 6:30-8:45a SR 6:30-8:45am Pre-S	at YMCA <b>WSY Team Day at Messiah College for all practice</b>  12:00-2:15pm at Messiah College for fun and team building and fun. ALL Competitive practice groups (AGA-SR) from both practice sites (Northern and YMCA). Free Pizza to everyone who attends as well as <u>Team gear</u>
	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S			
	14	15	16	17	18	19	20
Week of 10/21-27/19	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4-6:15p Pre-Senior 4-6:15pm Senior 6:15-7:15pm TYM 7:15-8:45pm AGB	at YMCA 6:30-8:45a SR 6:30-8:45am Pre-S	at YMCA 3:15-4:30pm AGA 4:30-5:30pm TYM
	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S			YMCA Spooky Splash Swim Meet at Messiah College for all swimmers in AGB, AGC, Pre-S and Sr
	21	22	23	24	25	26	27
Week of 10/28-11/3/19	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4-6:15p Pre-Senior 4-6:15pm Senior 6:15-7:15pm TYM 7:15-8:45pm AGB	at YMCA 6:30-8:45a SR 6:30-8:45am Pre-S	at YMCA 1:15-2:45pm AG- B & C 4:30-5:30pm TYM
	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S			YMCA 10 and U meet at Messiah College
	28	29	30	31	1	2	3
Week of 11/4-10	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA No Sr or Pre-Sr workout  6:15-7:15pm TYM 7:15-8:45pm AGB	at YMCA No Sr or Pre-Sr workout	at YMCA 3-4:15pm AGA 4:30-5:30pm TYM
	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S			WSY Thanksgiving Meet at CV High School
	4	5	6	7	8	9	10
	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4:15-6:15pm Pre-Senior 4:15-6:15pm Senior 6:15-7:15pm TYM	at YMCA 6:30-8:45a SR 6:30-8:45am Pre-S	at YMCA 11am-1:15pm Sr/Pre-S 1:15-2:45pm AG- B & C 2:45-4pm AGA

Week of 11/11-17	at Messiah	at Messiah	at Messiah	at Messiah	7:15-8:45pm AGB		4:30-5:30pm TYM
	6:15-8:30pm Senior 6:15-8:30pm Pre-S	6:15-8:30pm Senior 6:15-8:30pm Pre-S	6:15-8:30pm Senior 6:15-8:30pm Pre-S	6:15-8:30pm Senior 6:15-8:30pm Pre-S			Aquafest Meet at CV High School
	11	12	13	14	15	16	17
Week of 11/18-24/19	at YMCA	at YMCA	at YMCA	at YMCA	at YMCA	at YMCA	at YMCA
	4:30-6pm AGB 6-7:45pm AGC	5-6:30pm AGC 6:30-7:45pm AGA	4:30-6pm AGB 6-7:45pm AGC	5-6:30pm AGC 6:30-7:45pm AGA	4:15-6:15pm Pre-Senior 4:15-6:15pm Senior 6:15-7:15pm TYM 7:15-8:45pm AGB	6:30-8:45a SR 6:30-8:45am Pre-S	11am-1:15pm Sr/Pre-S 1:15-2:45pm AG- B & C 2:45-4pm AGA 4:30-5:30pm TYM
	18	19	20	21	22	23	24
Week of 11/25-12/1/19	at YMCA	at YMCA	at YMCA	Happy Thanksgiving No Practice for any practice group	at YMCA	All Groups Off Today	at YMCA
	4:30-6pm AGB 6-7:45pm AGC	4:30-6pm AGC 6-7:15pm AGA 7:15-9pm Senior 7:15-9pm Pre-S	4:30-5:45pm AGB 4:30-6pm AGC 6-8:15pm Senior 6-8:15pm Pre-S		4:15-6:15pm Pre-Senior 4:15-6:15pm Senior 6:15-7:45pm AGB NOTE AGB Time Change		11am-1:15pm Sr/Pre-S 1:15-2:45pm AG- B & C 2:45-4pm AGA No Take Your Mark today
	25	26	27	28	29	30	1
Week of 12/2-8/19	at YMCA	at YMCA	at YMCA	at YMCA	at YMCA	at YMCA	at YMCA
	4:30-6pm AGB 6-7:45pm AGC	5-6:30pm AGC 6:30-7:45pm AGA	4:30-6pm AGB 6-7:45pm AGC	5-6:30pm AGC 6:30-7:45pm AGA	4:15-6:15pm Pre-Senior 4:15-6:15pm Senior 6:15-7:15pm TYM 7:15-8:30pm AGB	6:30-8:45a SR 6:30-8:45am Pre-S	12:15-2:15pm Sr/Pre-S 4:30-5:30pm TYM Jeremy Naylor Swim Meet at Northern High School (AGA, AGB, AGC)
	2	3	4	5	6	7	8
Week of 12/9-15/19	at YMCA	at YMCA	at YMCA	at YMCA	at YMCA	All Groups Off Today	at YMCA
	4:30-6pm AGB 6-7:45pm AGC	5-6:30pm AGC 6:30-7:45pm AGA	4:30-6pm AGB 6-7:45pm AGC	5-6:30pm AGC 6:30-7:45pm AGA	4:15-6:15pm Pre-Senior 4:15-6:15pm Senior 6:15-7:15pm TYM 7:15-8:30pm AGB		11am-1:15pm Sr/Pre-S 1:15-2:45pm AG- B & C 2:45-4pm AGA 4:30-5:30pm TYM
	9	10	11	12	13	14	15
	at YMCA	at YMCA	at YMCA	at YMCA	at YMCA	at YMCA	at YMCA

Speedo Classic at F and M College

Week of 12/16-22/19	4:30-6pm <b>AGB</b> 6-7:45pm <b>AGC</b>	5-6:30pm <b>AGC</b> 6:30-7:45pm <b>AGA</b>	<b>AGA, AGB, AGC Holiday Party at Sky Zone 6-7:30pm</b>	5-6:30pm <b>AGC</b> 6:30-7:45pm <b>AGA</b>	4:15-6:15pm <b>Pre-Senior Senior</b> 4:15-6:15pm <b>Pre Competitive</b> 6:15-7:15pm <b>Last night Pre-Comp</b> 7:15-8:30pm <b>AGB</b>	<b>All Groups Off Today</b>	11am-1:15pm <b>Sr/Pre-S</b> 1:15-2:45pm <b>AG- B &amp; C</b>
	<b>at Messiah</b> 6:15-8:30pm <b>Senior</b> 6:15-8:30pm <b>Pre-S</b>	<b>at Messiah</b> 6:15-8:30pm <b>Senior</b> 6:15-8:30pm <b>Pre-S</b>	<b>Sr, Pre-SR Holiday Party/Secret Santa 6:30pm at WSCC</b>	<b>at Messiah</b> 6:15-8:30pm <b>Senior</b> 6:15-8:30pm <b>Pre-S</b>			
Week of 12/23-29/19	<b>at YMCA</b> 4:30-5:45pm <b>AGB</b> 4:30-6pm <b>AGC</b> 6-8:15pm <b>Senior</b> 6-8:15pm <b>Pre-S</b>	<b>at YMCA</b> 7-9:30am <b>Senior</b> 7-9:30am <b>Pre-Senior</b> 9:30-11am <b>AGB and C</b> 11-12:15pm <b>AGA</b>	<b>Merry Christmas. No Practice for any practice group</b>	<b>at YMCA</b> 4:15-6:15pm <b>Senior</b> 4:15-6:15pm <b>Pre-Senior</b> 6:15-7:15pm <b>AGA</b> 7:15-8:45pm <b>AG-C</b>	<b>at YMCA</b> 4:15-6:15pm <b>Pre-Senior Senior</b> 4:15-6:15pm <b>Senior</b> 6:15-7:45pm <b>AGB</b>	<b>at YMCA</b> 6:30-8:45a <b>SR</b> 6:30-8:45am <b>Pre-S</b>	<b>at YMCA</b> 11am-1:15pm <b>Sr/Pre-S</b> 1:15-2:45pm <b>AG- B &amp; C</b>
	<b>NOTE Practice times and locations</b>				<b>No Pre Competitive Practice tonight</b>		
Week of 12/30-1/6/20	<b>at YMCA</b> 4:30-5:45pm <b>AGB</b> 4:30-6pm <b>AGC</b> 6-8:15pm <b>Senior</b> 6-8:15pm <b>Pre-S</b>	<b>at YMCA</b> 7-9:30am <b>Senior</b> 7-9:30am <b>Pre-Senior</b> 9:30-11am <b>AGB and C</b> 11-12:15pm <b>AGA</b>	<b>Happy New Year No Practice for any practice group</b>	<b>at YMCA</b> 5-6:30pm <b>AGC</b> 6:30-7:45pm <b>AGA</b> 7:30-9pm <b>Sr</b> 7:30-9pm <b>Pre-Sr</b>	<b>at YMCA</b> 4:15-6:15pm <b>Pre-Senior</b> 4:15-6:15pm <b>Senior</b> 6:15-7:15pm <b>Mini Team</b> 7:15-8:30pm <b>AGB</b>	<b>All Groups Off Today</b>	<b>at YMCA</b> 11am-1:15pm <b>Sr/Pre-S</b> 1:15-2:45pm <b>AG- B &amp; C</b>  4:30-5:30pm <b>Mini Team</b>
	<b>NOTE Practice times and locations</b>						<b>Snowflake Splash Invite at CV fo AGA swimmers</b>